

Stretching Illustrations



Seated Toe Touch



Seated Groin Stretch



Lying Gluteal Stretch



Lying Knee To Chest (Alternate Legs)



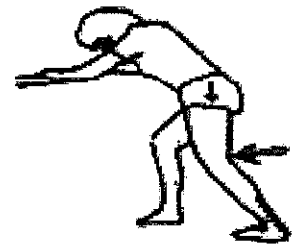
Seated Leg Over Hip and Back Stretch



Standing Quad Stretch



Standing Gastroc With Alternate Soleus Stretch



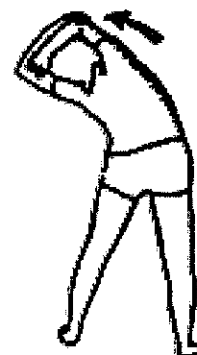
Static Trunk Rotation



Alternate Shoulder Stretch



Four Way Neck Stretch (Slow, Non-Rotational)



Overhead Side Bends

Aerobic Exercise Circuit Calisthenics

1 Power Push Ups



Explode Up Off The Floor
Drop Back Down
Explode Up Again

2 Abdominal Crunch

Elbows Touch
Knees

Feet Stay Off
The Floor
Ankles May
Cross



Hands On
Shoulders

Head Always
Off The Floor

3 Modified Dorsal Arch

Opposite Arms & Legs Are Raised
As High As Possible

NEVER Raise The Same Arm & Leg



One Count = Complete Cycle
(Each Arm Raise & Leg Raised Once)

5 Abdominal Crunch

"Bicycle Crunch"



Keep Extended Leg Slightly Bent

Leg
Bent



Right Elbow
To Left Knee

Alternate Knee Into
Opposite Elbow



Left Elbow To Right
Knee

Keep
Shoulder
Blades Up

Do NOT Extend Legs Out
Straight This Creates Too
Much Strain On The Lower
Back

Slow Down On
This Exercise The
Slower It's Done
The More Effective



The Up Position
Must Be Held for At
Least 3 Seconds
Longer For
Advanced Recruits

Lower Back Must
Remain In contact
With The Floor
Shoulder Blades
Must Leave the Floor

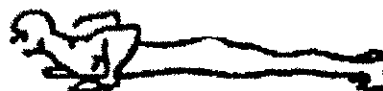
4 Push Ups

Back Straight Eyes Forward NOT Down
Hands Under Shoulders NOT Out To The Side
Fingers Pointed Forward NOT Out



Toes Curled Under
Weight Slightly
Forward

Knees & Hips NEVER Touch The
Ground



The Entire Body Must Come Up
At The Same Time NOT An
Arched Back Followed By The
Hips

6 Push Ups

"Prayer Push Ups"

Same As The Regular Push Ups Except
The Hands Are Together On the Ground



Hands
Together

Places MORE Emphasis
On The Triceps